

## Practice: A Strategy To Simplify Your Life

"Simplify Your Life", Part 5 of 5  
Pastor Vince DiPaola

### **Biblical Principles That Will Help You Practice Living A More Simplified Life**

#### **I) REMEMBER THAT IT'S NOT THE LOAD THAT BREAKS US, BUT ULTIMATELY \_\_\_THE WAY WE CARRY IT\_\_\_.**

*"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."* (Matthew 11:28-30, NIV)

#### **II) RESPOND TO TIME COMMITMENT REQUESTS \_WISELY\_.**

*"Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord's will is."* (Ephesians 5:15-17, NIV)

*"Whatever your hand finds to do, do it with all your might, for in the grave, where you are going, there is neither working nor planning nor knowledge nor wisdom."* (Ecclesiastes 9:10, NIV)

#### **\*Evaluate by asking:**

- 1) Is this something I \_\_\_MUST DO\_\_\_? Then do it ASAP!**
- 2) Is this something I \_\_\_SHOULD DO\_\_\_? Then fit it in your schedule!**
- 3) Is this something I \_\_\_COULD DO\_\_\_? Then only when convenient!**
- 4) Is this something I \_\_\_MUST NOT DO\_\_\_? Then refuse to do it!**

#### **III) RELATE TO OTHERS IN \_\_\_HEALTHY INTERACTION\_\_\_SO YOUR LIFE STAYS GOD-FOCUSED AND SIN FREE.**

*"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."* (Ephesians 4:29-32, NIV)

#### **\*Getting the right view of relationships:**

- 1) Don't relate in \_\_\_INDEPENDENCE\_\_\_. You can't do life alone.**
- 2) Don't relate in \_\_\_CODEPENDENCE\_\_\_. You don't "need" a person.**
- 3) Do relate in \_\_\_INTERDEPENDENCE\_\_\_. You will have a simpler life.**

#### **IV) REALIZE THAT WHEN YOU'RE RIDING A LIFESTYLE "DEAD HORSE", IT'S TIME TO \_\_\_DISMOUNT\_\_\_.**

*"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart."* (Hebrews 12:1-3, NIV)